



Continence
Foundation
of Australia

“

A few years ago, I wouldn't have been able to talk like this, but now I feel so proud of myself for sharing.”

Christin, living with incontinence

World Continence Week
19 - 25 June 2023

continence.org.au

For help and more information about incontinence call

National Continence Helpline on 1800 33 00 66

for free, confidential advice from Nurse Continence Specialists, Monday to Friday 8am to 8pm AEST.

Scan here

